



A Moment with Donna...A Celebration for Life

What an amazing experience life is! Just think about it for a moment...it always has a surprise or two to spring upon us in the most unexpected ways.

An ever so tiny life form, looking like a piece of crystalized popcorn air-brushed with colors, has immobilized nations, terrified billions around the globe and caused ... through decisions of individuals not knowing how to deal with it... a paralysis of critical thinking.

I find it quite fascinating that this tiny life form did more to create havoc than a bomb. Also, the fact that this life form has the intelligence to mutate and restructure itself in many different ways; confounding the most brilliant of scientists. That is the reason this tiny life form has survived so well through millions of years on this planet...it is extraordinarily adaptive to whatever environment it finds itself within.

This month of May we celebrate Mother's Day. We celebrate women, the givers of life, who enable us to live this phenomenal essence we call life, that we so deeply cherish.

We can look at this life form...the corona virus...as an enemy or a teacher. I have seen more demonstrations of kindness, thoughtfulness and creative thinking in the past 2 months that may not have evolved without this extreme situation we have been living through.

Adaptation is a lesson this life form teaches us. It has existed for perhaps millions of years, shifting and changing as necessary. We have to do the same.

Our greatest enemy is not the virus, but fear, fear of that we cannot see or understand. Fear...that too is an invisible enemy. When fear is manipulated by others, it can create an environment of disempowerment. We feel helpless, becoming victims that have no hope, no resources, and then we flock, like sheep, to those we think know more than we could possibly understand. Our critical thinking flies away into nothingness.

However, be one of those who tap into a problem solving mode and come up with creative solutions. Like a truck driver I heard about, who upon hearing about farmers who couldn't deliver their food to market because of the lockdown, decided that instead of food rotting in the fields, he would take a semi, collect money to pay the farmers for what they would pick up from the fields, and deliver that food to the food banks in his state. He and two other drivers took their semi's, loaded them up, delivering food to food banks where thousands of people, who currently are out of work with no money coming in, could now have food to feed their families. Many other drivers have linked up to achieve the same results and it is a win-win for all parties concerned. That is what I call resourcefulness. Times like this can give opportunity to stand and deliver new options, new choices.

Hey! As you enter into this month of May make a determination that you will make this month a *Celebration for Life*...not a morbid, apprehensive expectation of the worst case scenario. BE GRATEFUL for the many blessings you have and remember, you have the gift of life...you are living, right here, right now, and that is wonderful.

Spring is here and summer is just around the corner of time. Step up and out of the house/office and welcome the beauty of it all.

Donna Seebo

May's Power Quote

“A small trouble is like a pebble. Hold it too close to your eye and it fills the whole world and puts everything out of focus. Hold it at proper viewing distance and it can be examined and properly classified. Throw it at your feet and it can be seen in its true setting, just one more tiny bump on the pathway to eternity.” ~Celia Luce

May's Chuckle

“The joy of motherhood is what a woman experiences when all the children are in bed.”
~Anonymous

The Donna Seebo Show & Warriors for Peace



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 19th year of positive and informative programming with ‘The Donna Seebo Show’ and ‘Warriors for Peace’. Currently people in over 128 countries, including the United States, are listening to the shows.

I invite you to join me weekdays for insightful and uplifting programming. The theme of the program is ‘Personal Empowerment’. Guests are featured from all over the world giving their knowledge and expertise to you - the listening audience

Go to ‘*The Donna Seebo Show*’ page. **Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

There you will find a player that enables you to connect to the ‘live’ show 8:00 pm to 9:00 am, Monday through Friday, Pacific Time. Callers are welcome during the second half of the program – **Call in number - 253.582.5597.**

“*Warriors for Peace*” is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

To listen to any of the broadcasts at any time - click on the tower icon in the past show archives box- then choose the program you are interested in. Shows are available 24/7.

I look forward to having you join me and my guests at my global broadcasting table. Informative and fun, you are invited to join me weekdays where you can “*Light Up Your Life with A Little Bit of Insight*”. Be sure to tell your friends and family about this positive, informative programming available 24/7.

Special Note: We are now available on Alexa...if you have the app, check us out! “Alexa, open the Donna Seebo Show”.



Upcoming Guests – May 2020

- 1...Love, Life & Lucille – Judy Gamon
- 4...Generation Why Not – Ruth Klein
- 5...Fierce Feminine Rising – Anaiya Sophia (France)

- 6... She Leads – Tim Jordan
- 7...Sacred Herbs of Spring – Ellen Evert Hopman
- 8...Swerve – Ellery Akers

(10) Happy Mother's Day to all of you wonderful women who give so much to this experience of life.

- 11..Free & Fearless – Phil Moser
- 12..Conscious Luck – Gay Hendricks
- 13..My Pinewood Kitchen – Mee McCormick
- 14..Everything You Wanted to Know About the Afterlife – Hollister Rand
- 15..Kick Ass Recovery – Billy Manas
- 18..Why We Swim – Bonnie Tsui
- 19..To Trust What We Cannot See – Dennis Mansfield
- 20..The Tao of Thomas Aquinas – Matthew Fox
- 21..Go Ahead Stop & Pee – Dr. Edwards
- 22..Happinest - Judy
- 25..To be announced
- 26..Animal Soul Contracts – Tammy Billups
- 27..Female Firebrands – Mikaela Kiner
- 28..Wildpreneurs – Tamari Jacobi (
- 29..Zeus – The Mighty Series – Crispin Boyer (National Geographic)

Warriors for Peace

- 6...The Real James Bond – Jim Wright
- 13..Deeds, Not Words – Sandra Sider
- 20..North American Aviation in the Jet Age – Jim Fredrickson
- 27..The Growth & Collapse of One American Nation – Donald Fraser

Upcoming Broadcasts & Appearances-April 2020

Tentatively the following dates have been booked for this month. However, that is subject to change depending on the decision of the governor as to when the quarantine is actually lifted. If you have any questions ... do call my office.

May 20th...Psychic Spectrum, ... Poodle Dog Restaurant-Banquet Room, Fife, Washington. I will be the keynote speaker at 6 pm, doing demonstrations and will have publications available. Also, I will be available for mini-sessions before and after the program.

May 23rd...The Gathering ...Psychic showcase– Elmer's Restaurant-banquet room, 7427 S. Hosmer Street, Tacoma, Washington. I will be the keynote speaker at 6pm, will have publications with me and will be available for mini- readings before and after program. Look forward to seeing you there.

May 26th... Lou J Free's Showcase - IHOP Restaurant, 178 SW Campus Drive, Federal Way, WA 98023. 253.661.7300. I will be the keynote speaker at 7 pm and doing demonstrations as well...arriving between 5-6 pm, available for mini-sessions up to 7pm, also after my presentation. I will have publications available for sale, including my children's books.

May 29th to 31st...Emerald Spiral Event, Post Falls, Idaho. This event has been cancelled and tentatively scheduled for October. We will keep you advised if there are any changes with the upcoming scheduling.

My daily broadcasts are being continued with guests from around the world and know you can tune in via Alexa. Just mention open *The Donna Seebo Show* and you'll be connected to the player. Past shows can be picked up via the archives.



The Recipe Box...Extra Crispy Oatmeal Cookies

If you are like me and enjoy crispy cookies with just a touch of softness in the middle then you'll love these. Perfect with cold milk, hot coffee or tea, they are incredibly delicious. I found this recipe at Mel's Kitchen site. These cookies are amazingly addictive and oh, so easy to make. By the way, these cookies will ship well if you want to send some to a soldier overseas, or give as a gift to a family member, friend, or neighbor you feel needs a bit of sweetness in their lives.

Ingredients: 1 cup flour, $\frac{3}{4}$ tsp. baking powder, $\frac{1}{4}$ tsp. baking soda, $\frac{1}{2}$ tsp. salt, 14 Tbls. butter (1 $\frac{3}{4}$ sticks) softened but still slightly cool, 1 cup sugar, $\frac{1}{4}$ cup brown sugar, 1 large egg, 1 tsp. vanilla, 2 $\frac{1}{2}$ cups old fashioned oats (don't use fast cooking oats, they don't work well with this recipe).

Directions: Heat oven to 350 degrees. Beat butter and sugars until combined, then increase speed to medium, beating until light and fluffy. Scrape down sides of bowl, then add egg and vanilla, beating until well mixed. Scrape down bowl again, add flour and mix until incorporated. Then mix in oats gradually. Take 2 Tbls. of cookie dough, roll into balls, put on prepared cookie sheets (I use parchment paper to eliminate clean-up) about 2 inches apart. Bake 13 to 16 minutes. Cool on cookie sheets.

But you can't eat just one...these cookies are way better than any potato chip! Enjoy! ☺



Golden Nuggets – True Stories about Real People

The creativity of people is absolutely fabulous and this gentleman shows how a simple matchstick can create masterpieces. This video was sent to me by M.S., Alaska

<https://www.youtube.com/embed/HyuE1XnYO0I>

Special Comments

A special 'thank you' to the many people who join me weekdays to hear '*The Donna Seebo Show*' and '*Warriors for Peace*' from around the country and the world. Your emails, calls and wonderful letters make my day. It is always a joy to share the talents and information from people and other sources that can make our lives better. Should you have recipes, ideas and/or information you think my listeners might be interested in, please email the information to me. Due to the tremendous amount of material received, I cannot promise that I will use it on my show but I do review everything that is sent.

For authors who are interested in being interviewed on my program, please send a copy of your book/CD/DVD publication along with your press kit to the address noted below. All materials are reviewed for content and if accepted, you will be called to schedule a date for an interview. Currently my interviews are booked two to three months in advance. It is always advisable to follow up with a phone call to be sure that your materials are received by my office.

You are always welcome to share this newsletter and if you have someone who would like to be added to the subscriber list, just send his/her name and email address to donna@delphiinternational.com or donnaseebo@comcast.net . Past newsletters are archived on my website, and you are welcome to review them at any time. If you desire to be deleted from the mailing just type unsubscribe in subject line.

For scheduling of private appointments (by telephone or in-person), information on gift certificates, speaking engagements, private parties, classes, etc., please contact my office at the telephone number listed at the bottom of this newsletter.

Do you know of children between the ages of 3 to 12 who love to read? Then you'll want to check out and order my 3 award winning illustrated books, e-books, e-audio books, *God's Kiss*, *The Magic Hat*, and *The Woodcutter and The Tree*. They are a great addition to any library and children love to hear the stories again and again. We are looking forward to book #4 in 2021.

I invite you to go to my website www.mrsseebosclassics.com and view the art, even listen to the audio clips of the narration of the stories. Should you desire to have the publications personalized just fill out the information as requested and I will be delighted to autograph and personalize the book for that special child.

We are celebrating our 26th anniversary of 'Classics' publications and now have a website showing all of our publications and products. E-books and e-audio books are available, and you can also purchase the publications on Amazon. Publications are also available on Kindle.

Have a magnificent day and remember....

"You are the Master of your Fate, the Captain of your Soul".

Donna Seeba - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television Personality, Minister and Host of the International 'Donna Seeba Show' and 'Warriors for Peace'

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